



Did you know that 2 out of 3 people with diabetes die from heart disease or stroke?

Ask about the link between diabetes and heart disease and learn how the **ABCs** of diabetes can help you lower your risk:

- A:** Lower your **A1C**, a test that measures average blood sugar over the past 3 months, to less than 7.
- B:** Keep your **Blood pressure** below 130/80.
- C:** Get your “bad” **Cholesterol (LDL)** below 100.

For free information about how to manage your diabetes, call the Arizona Department of Health Services at 1-888-542-1886.

An educational partnership of:

